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VICKY MOCHAMA ON RACISM IN SPORTS

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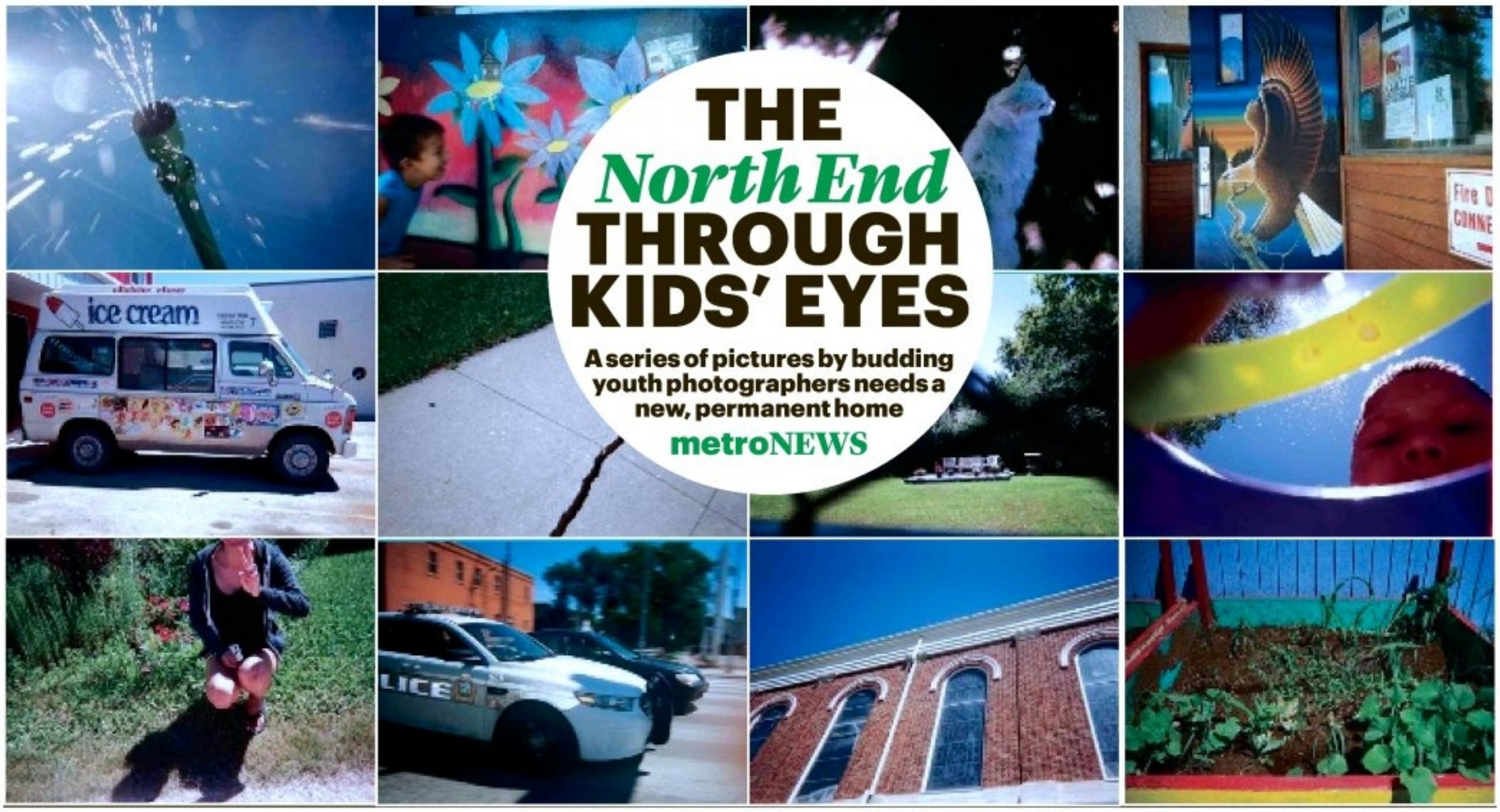

THE *North End* THROUGH KIDS' EYES

A series of pictures by budding youth photographers needs a new, permanent home

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Your essential daily news

Ecuador has 'temporarily restricted' Julian Assange's Internet access. **World**

Million-dollar ideas

You could call it Dragons' Den, city-hall style. On Tuesday, city employees took turns pitching ideas on how $1 million in innovation capital could be spent on new tech. The aptly named innovation committee heard 17 proposals in total. **Here's a small sample of the top winning and losing pitches.**

STEPHANIE TAYLOR/ METRO

'Rock star CPR' machines for ambulances

The committee voted to start equipping ambulances with what's been touted as 'rock star' automated CPR machines.

Chris Cauthers, acting liaison for the Winnipeg Regional Health Authority, said it's difficult for paramedics to deliver chest compressions while standing in the back of a moving ambulance.

It's equally, if not more challenging, to perform CPR while a patient is being manoeuvred in and out of elevators and around corners at the hospital, he explained.

The committee voted to buy four machines — for $70,000 — and explore funding opportunities with the province.

WINNER

Drones for the fire department

Winnipeg's fire department could be the next North American city with a drone program.

The committee approved a request from the department to spend $31,720 on a drone pilot program for next year.

Unmanned aerial vehicles would help with a variety of search and rescue efforts that could, in turn, produce faster rescue times, according to a report.

Scott Wilkinson, a training officer with the service, clarified Tuesday that drones would not be used to fight fires, but rather provide a bird's eye view of fires and disasters to assist crews on the ground.

WINNER

"It's going to potentially save firefighters' lives," Wilkinson said.

Charging stations coming to Winnipeg libraries

Did your phone die while visiting a public library and you can't find a plug-in? You're in luck.

Twenty-one charging stations for smartphones and tablets will be coming to Winnipeg's libraries.

The innovation committee approved $32,000 for the community services department to purchase new charging stations — one for each branch — except the Millennium Library, which would receive two.

WINNER

Body cams for parking officers

Body cameras won't be strapped onto the uniforms of Winnipeg's parking officers anytime soon.

Winnipeg's Parking Authority was the first in North America to start snapping digital pictures of parking infractions, according to staff. Adding body camera footage is a logical next step, they explained, to settle parking disputes faster and deter any verbal abuse against officers ticketing vehicles.

Committee members didn't wholeheartedly agree, and ultimately voted to pass on the pitch — for now.

"We have to look. Is equipping our police force the higher priority when it comes to body cameras? That's a very fair question, we need to have that discussion still," Browaty said afterwards.

LOSER

Google Maps virtual library tours

No extra money will fund an expansion of a Google Maps-made virtual tour already in place at the Millennium Library.

The community services department requested $5,700 to contract Google Maps staff to create similar tours for the remainder of the city's branches.

In a written proposal, the department said that virtual tours give patrons with accessibility issues a better idea of what to expect when they plan a visit.

Despite the relatively small price tag, the committee unanimously voted against giving out cash.

LOSER

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Comic publisher eyes local artist

POP CULTURE

Paying gig a chance for creatives to get into industry

Braeden Jones
Metro | Winnipeg

A fledgling independent comic book company based out of Winnipeg is searching for a local artist to draw the first issues of its post-cataclysmic, gladiator-like comic series.

Called "Rumblesport, the future of fight," the story-to-be is set in a dystopian future where an organized fighting competition captivates what's left of civilization.

"It's sort of a futuristic mixed martial arts type thing … or futuristic pit fighting," said writer Greg Renton.

It's a gritty, copyrighted concept that proprietor Mel Giesbrecht not only wants in comic form, but also a television series eventually.

"But we want to start off with the comics … get the idea out there," Giesbrecht said.

She and Renton have been working intermittently on Rumblesport since 2013, but just recently secured sufficient funding to bring an artist on-board — hence the talent search.

"We have the story, we have sample art, character designs, we're just slowly assembling (everything)," Renton said. "We want to find an artist and give them a chance to work on the books with us."

Giesbrecht said the most important thing to her is keeping the whole team local, so she's looking specifically for an amateur artist looking for their first paying gig in Winnipeg.

"We want to start it off here and keep it in Winnipeg, have Winnipeg support the idea," she said, adding first runs of the comic would be made available locally first before branching out to a wider audience."

Renton said he's already drawn early concept art for the incumbent to pull inspiration from, but he needs a "skilled artist, or possibly two, to work on the first issue" and beyond.

Giesbrecht admits it's slow-going bringing her dream to life, especially as a woman in what she bills as a "male dominated arena," but she's determined.

"I'm not exactly the most experienced (in publishing), but you do your homework and find people who do have that experience and want to be involved," she said.

People with the artistic chops to draw and colour full-length comic issues can submit their work samples to rumblesportwpg@gmail.com for adjudication by the Rumblesport team and "collaborating judges."

> We want to start it off here and keep it in Winnipeg, have Winnipeg support the idea.
> Melody Giesbrecht

Comic book creators Melody Giesbrecht and Greg Renton. LYLE STAFFORD/FOR METRO

There's more races every year competing for the registration and fundraising powers of a finite number of runners in Manitoba. BRAEDEN JONES/METRO

United runs new norm

RACING

Running association to combine smaller events

Braeden Jones
Metro | Winnipeg

A ripped up sidewalk and increasingly busy road race schedule set the stage for the Manitoba Runners' Association (MRA) to combine two events this weekend, which is a move that could become the new norm.

"We're trying out this united run where we bring in (multiple host) organizations for a single event," said MRA executive director Kathy Wiens.

She said the idea would be for groups hoping to hold a race event or fun run of the same distance to partner with each other and the MRA.

Each group would do their own marketing, their own promotions, supply their own volunteers and cost share, while the MRA would take care of race logistics, facility booking, and timing.

Wiens said the MRA is "not in the business of putting on races" but admits the concept would mean it's "sort of going in that direction."

"Anything we can do to try and make the sport of road running better for people, the better," she said.

It's an idea she and others have been considering for a couple of years, as "more and more people and groups are wanting to hold runs, especially as fundraisers."

The MRA sanctioned 47 races in 2016, a new high water mark, but some feel there are "too many races for the runner population we have," Wiens explained.

There are well-organized unsanctioned runs that operate independently of the MRA too, which means any given weekend in the race calendar could have multiple events competing for a finite number of total participants.

"It's splitting up the running community, which hurts everybody, especially smaller runs..., Wiens said.

IN BRIEF

Over 140 charges laid in crime spree

Winnipeg Police are cracking down on a Western Canada crime spree they say will result in "over 140 charges" being laid.

A prepared statement Tuesday morning explained officers from all four divisions of the police service and crime analysts "have been involved in a complex stolen property investigation" for months.

They have identified 20 suspects who have either been arrested or have pending warrants for their arrest, all of whom were allegedly involved in break-ins and thefts in Manitoba, Saskatchewan, Alberta and British Columbia.

REAL ESTATE

City sites turned into affordable housing

Stephanie Taylor
Metro | Winnipeg

Turning some of Winnipeg's vacant, city-owned land into more affordable housing could be a new subject of study at city hall.

An advisory committee on housing will ask city staff to write a report that details if, and how, some of the city's underutilized properties could transform into new affordable housing developments, explained chairperson Coun. Jenny Gerbasi (Fort Rouge-East Fort Garry.)

"If we have this land sitting there and it's not being utilized, it might be a tool to strategically help us get some more affordable housing moving in that area," she said.

Gerbasi said the idea emerged from brainstorming sessions with committee members, city staff and housing advocates.

But it needs more details, she said — hence the report's request to explore options and issues.

Gerbasi envisions the city will adopt new policies that allow some land to be sold for $1 or at reduced rates to organizations and developers looking to build affordable housing units.

"The policies about real estate might not be taking into account affordable housing. They're just taking into account the city has land they should sell and make money off of," she said.

Several areas of the city come to mind that have both a need for cheaper housing and available land, such as the William Whyte neighbourhood in the North End, said Gerbasi.

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An honest look at the North End

Rayne Phillips, 7, shows off one of the framed photos she took for a youth photo exhibit at the Indigenous Family Centre. JESSICA BOTELHO-URBANSKI/METRO

CULTURE

Children, teens capture vibrant photographs of neighbourhood

Jessica Botelho-Urbanski
For Metro | Winnipeg

If conventional wisdom holds true, then kids are more forthright than their adult counterparts.

So for an honest look at the North End, look no further than a collection of photos shot by children and teens this summer.

A Winnipeg photography collective — From Here & Away — and the Indigenous Family Centre paired kids ages five to 18 with disposable cameras last July. Then the group went on a photo walk to capture the intricacies of their neighbourhood.

Rayne Phillips, 7, focused on snapping photos of an ice cream truck, gardens and "one of those things where you go in when it's raining and you're waiting for a bus."

On Tuesday, she showed her framed artwork to Metro, including a landscape shot of a friend whose face didn't quite fit the frame.

"I like the peace sign and I like flowers and Karolena is nice to me. She's one of the people that works here," Phillips said, explaining why she took the picture at the Indigenous Family Centre.

> **"I didn't try to influence the way they took the photos.**
> Joseph Visser

"I didn't try to influence the way they took the photos, in terms of composition and stuff. I just taught them 'this is the button you click,'" said Joseph Visser, the creator of From Here & Away.

"Kids were asking me what they should be taking photos of and I just said, 'whatever is interesting to you.' It doesn't matter if it's interesting to anybody else, or if it makes sense to anybody else, whatever catches your eye is a good photo to take."

Visser said it was intriguing exploring the kids' photos afterward and seeing their personalities shine.

Some of the youth were obviously drawn to certain colours, while others obsessed over taking photos of cars.

"What we ended up coming away with, I think, is this amazing, diverse, positive, vibrant picture of the North End that I think wasn't dictated by any sort of agenda or anything — it was just what these kids saw," Visser said.

Forty-two photos were framed and displayed for one day in late September at the Indigenous Family Centre, but now they're looking for a permanent home, he said.

Anyone interested in displaying the artwork can call the Indigenous Family Centre at 204-586-8393.

As for Rayne, she's getting ready to hang her photos in her bedroom, she said, and will continue practising her shooting while taking selfies with her brothers.

A year after election Liberals still poll strong

POLITICS

Trudeau's personal approval in 60th percentile

Justin Trudeau's Liberals swept to power last October with a promise of a more open government that better reflects the values and expectations of Canadians. THE CANADIAN PRESS

It's been a year since Canadian voters took a leap of faith, placing a bet on deficit-financed government ambition after two decades of cuts, caution and small-c conservatism.

"Canadians have spoken," Justin Trudeau said late in the evening last Oct. 19 after a federal election that swept his third-place Liberals to office with a comfortable 15-seat majority.

Twelve months later, the Liberals remain ambitious and hopeful, even if their reach exceeds their grasp.

Whether it be driving middle-class economic growth and alleviating inequality, fixing First Nations' relationships with the Crown, putting the country on a sustainable path to a low-carbon economy, getting natural resources to world markets, or any of another half-dozen complex initiatives, the fairest assessment would be that Trudeau's lofty vision remains a work in progress.

The government's wish list includes leveraging private sector investment in a new infrastructure investment bank, unleashing the recreational marijuana market, plotting a clear path to Canada's 2030 emissions targets, hashing out home care and pharmacare promises and revamping the electoral system.

Yet multiple public opinion surveys by a cross-section of research companies have Liberal support consistently in the mid-40s to low 50s — an almost gravity-defying run — with Trudeau's personal approval ratings into the 60th percentile.

However, attributing the government's popularity simply to style is not the whole picture, argued Phillip Resnick, professor emeritus at the University of British Columbia.

Their big-spending first budget, which put the country on a path to a $30-billion deficit this year by broadly boosting middle-income family benefits, cutting middle-income taxes and committing billions for infrastructure, was a generational shift for non-recessionary times.

It's a massive fiscal policy bet that has yet to show dividends, said Douglas Porter, chief economist at BMO Financial Group.

"Arguably, it's too early," said Porter, pointing to the big Liberal "showpiece" Canada child benefit, which didn't kick in until July while the most recent GDP numbers only include August.

THE CANADIAN PRESS

EQUALITY

UN working group studying racism

Gilbert Ngabo
Metro | Toronto

A special United Nations working group is in Toronto this week to study issues of racism against black people — and plenty of people have plenty to say.

From lack of access to employment, justice and healthcare to the controversial issue of carding and deteriorating relationships with police, members of the city's black community aren't holding back about what needs to be fixed.

"What we have seen is a persistent experience of marginalization and systemic discrimination," said Ndija Anderson, a research lawyer with the African Canadian Legal Clinic.

The firm, which provides legal support and representation to African Canadians in race-based cases, is one of the groups hosting talks with the five-member UN group.

The group will also travel to Ottawa, Halifax, Montreal and other cities, talking with politicians, community organizations and activists. Recommendations born from what they hear will be presented to the federal government and the UN.

Ndija Anderson of the African Canadian Legal Clinic. TORSTAR NEWS SERVICE

The mission comes at a time when discussions about discrimination against black people have reached a high in Canada and the United States, with Black Lives Matter movements accusing police of excessive force.

Anderson said the bigger problem lies in "implicit biases."

"There's this pervasive notion of looking at African Canadian people as threatening or being criminals and lazy," she said. "As a society we have to acknowledge that we have a problem of systemic racism, and start working on strategies to undo that kind of thinking."

EDUCATION

Stop the Violence funds scholarship

Haley Ryan
Metro | Halifax

A new Halifax scholarship fund won't be based on grades or age but aims to help anyone reach their "full potential."

Quentrel Provo of Stop the Violence Spread the Love has launched a crowdfunding initiative, with donations going toward anyone.

Provo said after visiting many schools, he always hears students describing plans for after graduation that involve the workforce or jobs like McDonald's, since universities and colleges are out of reach financially.

Provo said he hopes to help young people "go down the right path rather than leaving them in that stuck position where they're either going to go into the workforce or they're going to go into the streets."

UNIVERSITY OF OTTAWA

'Disgraceful' lewd pub crawl cancelled

An event that reportedly saw students at the University of Ottawa encouraged to perform lewd acts in exchange for points has been cancelled indefinitely as organizers apologized to anyone who was "negatively affected" by the experience.

The school's Science Students' Association, which hosted the so-called Vet's Tour earlier this month, called the event "ill-conceived" and "wrong," adding it "unconditionally condemns" any actions, attitudes and discourse that contribute to, promote or normalize sexual violence and rape culture on campus.

The university itself also denounced the event, in which it said some students were "encouraged to behave disgracefully," and said the incident is a reminder that sexual violence is a societal problem.

The statement from the university came after its French-language student newspaper published a report on a pub crawl where students were allegedly encouraged to rack up points by carrying out a list of activities, such as taking off their clothes and having sex with event judges.

The newspaper reported that the event has been a tradition for many years and many participants are involved in student politics.

It also quoted a past participant who said she signed up thinking it was just a regular pub crawl only to find herself pressured to take off her clothes and be groped by a teammate.

A source reportedly told the paper the event's slogan has long been "It's not peer pressure, it's just your turn."

The Science Students' Association apologized to anyone who "felt unsafe or pressured to do anything at any of our events."

The university, meanwhile, called on the campus community to help change what it called "such disgraceful behaviour" and stressed it has policies in place to prevent sexual violence.

THE CANADIAN PRESS

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What's going to happen in tonight's debate? All bets are off, and perhaps the gloves are off, too. THE ASSOCIATED PRESS

Last rumble

UNITED STATES

Final debate before election promising to focus on issues

It was barely three weeks ago that Donald Trump opened the first presidential debate by asking, with faux deference, if it was OK to refer to his opponent as "Secretary Clinton."

By Round 2 he was back to calling Hillary Clinton "the devil." Since then, his s scorched-earth campaign tactics have left all sides wondering just how low things will go in the third and final presidential debate, coming up Wednesday night.

For her part, Clinton steps up as a flood of hacked emails provides an unprecedented real-time look into the machinations of her presidential campaign. In the disclosed material, Clinton is shown taking positions in paid, private speeches at odds with some of her public pronouncements. And she is revealed as resistant to advice by aides to apologize for her email practices and clear the air.

Here are some things to watch for in Wednesday's face-off at the University of Nevada, Las Vegas:

RIGGED

Trump has tried to deflect attention from allegations about his sexual advances by complaining the election process is rigged. Without providing any evidence, he wraps together the potential for voter fraud with assertions that his female accusers are part of a plot to smear him.

HACKED

Meanwhile, WikiLeaks has released thousands of hacked emails from the Clinton campaign, including excerpts of Clinton's closed-door speeches to Wall Street interests and strategizing over how to contain the political damage related to her handling of classified emails.

BREATHE

The campaign took a dramatic detour last week when a series of women came forward with allegations about Trump's sexual advances. Trump called the women "sick" and "liars" alleging that there's a global conspiracy against him. How much oxygen will it suck up in the final debate?

FINGERS CROSSED

Immigration was hardly mentioned in the first two debates. Social Security never came up. The national debt has gotten only passing notice. Policy wonks have their fingers crossed that neglected issues will finally get an airing in the final debate.

FINGERS CROSSED

Clinton baited Trump by questioning his wealth and his business acumen. Trump tried to throw off Clinton by seating three women who have accused her husband of sexual impropriety in the front row of the audience at the second debate. Odds are both candidates have saved some fresh theatrics for the final debate. THE ASSOCIATED PRESS

IN BRIEF

Iraqi advance on Mosul slows after day of fighting

The pace of operations slowed Tuesday in the fight to retake Mosul from Daesh, as Iraqi forces advancing to the east and south of the city began pushing toward larger villages and encountering civilian populations.

Iraq's Kurdish fighters, also known as the peshmerga, largely paused their advance, according to commanders stationed along the front to Mosul's east, consolidating gains from the previous day.

THE ASSOCIATED PRESS

More Assange intrigue

Midway through releasing a series of damaging disclosures about U.S. presidential contender Hillary Clinton, WikiLeaks founder Julian Assange says his hosts at the Ecuadorean Embassy in London cut him off from the Internet.

Tuesday, the group claimed U.S. Secretary of State John Kerry asked Ecuador to stop Assange from publishing documents about Clinton. The State Department denied the allegation.

THE ASSOCIATED PRESS

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Giving back part of bottom line

ETHICAL COMMERCE

Customers choose firms that share their values

Cuddle+Kind donates 10 meals for every hand-knit doll sold. CONTRIBUTED/THE CANADIAN PRESS

Derek Woodgate didn't know it at the time, but seeing a documentary about childhood malnutrition would change his life.

He watched the film last year and knows it was the catalyst that helped push him and his wife Jen to start Cuddle+Kind, a company that donates 10 meals for every hand-knit doll sold.

Mark Schwartz, an associate professor of business ethics, said it's becoming important for companies to show that they care about more than just the bottom line.

"Over the years, it's become much more mainstream," said Schwartz, who teaches at York University's School of Administrative Studies in Toronto.

"The larger companies in the world, they really have no choice. All the industries realize that they have to be seen as giving back to the society and the community in which they operate."

He said customers may be more willing to choose businesses that share their same values or ethics, if all other factors, such as price, quality and services are the same compared to a competitor.

"There's a bigger impact when the contribution is more directly linked to the nature of your product and your service," said Schwartz.

> **The larger companies, they really have no choice.**
> Mark Schwartz

"If you buy a pair of shoes, and you know a pair of shoes is going to a child in the developing world, it would make more of a difference."

Derek Woodgate said customers like knowing that their purchase of a colourful hand knit doll also helps support fair wages for female artisans in Peru and also provide meals to Breakfast Club of Canada, World Food Program USA and Children's Hunger Fund, which feeds children in schools and orphanages around the world.

When brothers Kalen and Derrick Emsley started Tentree in 2012, their mission was simple: how could they make money to plant more trees?

They launched a casual clothing line that would plant 10 trees for every item purchased.

Four years and a deal on CBC's Dragon's Den later, Tentree now sells clothes in shops across Canada, the U.S. and Australia. In that time, it has planted more than 9.4 million trees, mostly in Madagascar and Ethiopia.

He said customers are willing to pay a few dollars more for their T-shirts, jogging pants and sweaters if they believe in the company's ethos.

Cindy Hardy named her soap business Joa Bath and Body because it loosely translates to "for good" in Korean.

The former legal assistant makes natural soaps from ingredients such as honey, lavender and oatmeal in her Ottawa kitchen and donates a bar of soap for every bar sold to women's shelters.

Since 2008, the company has given away more than 100 bars.

THE CANADIAN PRESS

FREE TRADE

Minister's Twitter hacked

The Belgian government says a profane Twitter message featuring a photo of former prime minister Stephen Harper is the work of hackers, not their foreign affairs minister.

Someone accessed the account belonging to Didier Reynders, using it to send a meme of an angry-looking Harper telling off Canadians, complete with the F-word. The subtext of the tweet appears to be the fact that a region of Belgium is standing firm in its opposition to the Canada-EU free trade deal, known as CETA.

A tweet from the department's verified account Tuesday said recent messages published on Reynders's account were not his.

The approval of the deal between Canada and the European Union countries has come under threat this week after the Wallonia region in Belgium rejected the deal amid fears its farmers could face cheap Canadian produce and that many of the labour standards they fought for will be swept away.

THE CANADIAN PRESS

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Your essential daily news
Wednesday, October 19, 2016

EMMA TEITEL ON PRESS BIAS

The most popular way to blow off steam among those frustrated with the U.S. election is to excoriate — who else — 'the media.'

It doesn't matter where you live: Donald Trump will find you.

Not literally, of course. (Even if he is elected president of the United States next month, world domination is not likely in the cards for the Donald).

Rather, he will find you virtually, in your newsfeed and anywhere you browse online. The rabid Republican candidate's cyber-presence is so pronounced, in fact, some Trump-wary Internet users have begun downloading special browser extensions that have the power to literally erase all mention of the candidate from their Internet experience.

For those with a scatological bent, there now exists "Firewall Trump," a browser extension that turns all mentions of the candidate's name into smiling poop emojis.

But there appears to exist another more popular way to blow off steam among those frustrated with the U.S. election, a method that doesn't involve the downloading of name-eradicating browsers or the cursing of candidates. I'm talking about the excoriation of — who else —"the media."

Yes, the big, bad mainstream media, argue American conservative commentators like Dinesh D'Souza, is "Hillary's secret weapon."

This is familiar territory; every election cycle, be it American or Canadian, conservatives cry liberal media bias.

But what's astonishing this time around is how many liberals themselves appear to be convinced that media organizations are stirring up conspiracy and peddling scandal in the Trump-Clinton campaign when they ought to be focused on "the real issues."

A reminder is in order: when a candidate denies sexually assaulting women, it's in the public interest for media to test that claim

I've lost count of the number of comments and posts I've seen from otherwise progressive friends on Facebook who seriously question the motives behind the media's reportage of Trump's bad behaviour and more recently the motives behind a New York Times article, in which multiple women allege Trump sexually assaulted them.

This mistrust isn't relegated to my own Facebook feed. Statistically speaking, people, both left and right, aren't too fond of media: according to a survey by the American Press Institute, 41 per cent of Americans "say they have hardly any confidence" in the press.

CAN YOU BLAME US FOR PUBLISHING THIS? Robert John Burck, a.k.a. the Naked Cowboy, sings a song urging people to vote for Donald Trump, outside Trump Tower in New York on Tuesday. GETTY IMAGES

Perhaps then, a reminder is in order that when a candidate denies sexually assaulting women it's in the public interest for media to test that claim. Candidates make statements and media scrutinize and report on those statements; the alleged criminal behaviour of a political candidate is relevant to the democratic process, and it's the media's responsibility to cover it.

And for what it's worth, as David E. McCraw, lawyer for the New York Times, pointed out recently in a letter to Trump's attorneys, media didn't introduce the topic of Trump's alleged assaults and indiscretions. Trump introduced those things — chose to talk endlessly about them, in fact — on his own.

"Nothing in our article," McCraw writes, "has had the slightest effect on the reputation that Mr. Trump, through his own words and actions, has already created for himself."

I understand that many people are overwhelmed by the volume of Trump-related stories appearing daily across their screens. Trust me, I too am overwhelmed. But volume is not proof of bias. It's often proof that something is seriously wrong in the world.

That said I also understand personal aversion to media. We are, by and large, an insufferable lot of socially anxious know-it-alls; the kind of people who interject at dinner parties to offer kernels of sobering, fact-based wisdom nobody asked for. ("Well actually, I wrote about the housing crisis last month ...")

And yet, like parking enforcement, elementary-school lunch monitors and tax-collection agencies, we are a necessary aggravation, whose absence would be a far worse blight on the earth than our presence.

Without us, dangerous blowhards like Donald Trump would continue to crowd your newsfeeds all the same, only their error-ridden invective would go largely unchecked, and the "scandals" so many of us bemoan having to read about every day would cease to be scandals. They would be something far worse. They'd be secrets.

So despise us all you like, but please, bear with us.

Emma Teitel is a national columnist for the Toronto Star.

VICKY MOCHAMA

Inclusivity is every sports fan's responsibility

We all know sports teams have racist names.

Despite being asked repeatedly to drop them, these names abide. But now that jocks are more willing to talk about racism, maybe the time has come for teams and fans to look for more ways to bring everyone into the game.

Recall that before the Toronto Blue Jays' current playoff series, some media, including the Jays' radio broadcaster Jerry Howarth and Huffington Post Canada, said they wouldn't be using the Cleveland team's nickname. Then, on Monday, an Ontario judge declined celebrity architect Douglas Cardinal's request to ban the team's name.

I'd prefer not to use the name in this space, but suffice it to say that the team's mascot, Chief Wahoo, he of toothy minstrel-show grin and a feather in his hair, is pretty much a full-card jackpot in Is This Racist? Bingo.

Washington's NFL team, Chicago's hockey team, and Edmonton's CFL team are also being called on to change their racist team names. The pressure to find names that are both socially conscious and emotionally evocative can lead to awkwardness like the Ottawa Redblacks (isn't that just maroon?). That's not to mention all the nicknames that sound as though a committee of really bored and geographically confused people chose them. What is an Orlando Magic? Where exactly in Utah are the Jazz?

The push for dramatic but problem-free names can lead to names that are offensive to users of proper grammar. I'm looking at you, Montreal Impact. In naming and renaming sports teams, we could try the system used by international soccer teams. Jays fans are, after all, cultivating an English-style hooligan culture. So: What if Edmonton's football team was called, just spitballing here, the Edmonton Football Team? As a naming convention, it's not exactly inspiring but Liverpool or Chelsea fans don't seem to mind.

Such rebranding exercises would allow teams like Edmonton's and Cleveland's to learn important lessons about their fanbases. Anyone who was into your team precisely because it had a racially flagrant name is maybe not a fan you want.

The rest of the fans will probably stick around through a renaming, and in the process they'll be given an opportunity to ask some overdue questions about what kinds of sports fans they want to be. It's not enough to be upset about a team's racist name, or even to support a change to a new one. Find out what it means to indigenous people who are #NotYourMascot.

Whether it's demanding that your team be more environmentally conscious, that stadiums offer more accessibility, that games be affordable for low-income fans, or that a team doesn't encourage white supremacy, there's a way for every fan to take their seat in the stands knowing that their love of the game does some good in the world.

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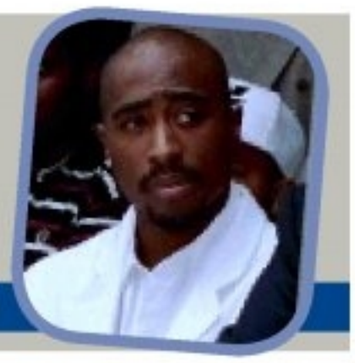

What to eat and drink on debate night

Need something to cleanse your political palate as you watch **Hillary Clinton** and **Donald Trump** spar on TV tonight in the third and final U.S. presidential debate? We reached out to Metro readers on social media and an expert, **Toronto Star food critic Amy Pataki,** to ask what food and drink pairings might help the sure-to-be bitter debate go down a little easier.

GENNA BUCK METRO

YOU SUPPORT HILLARY CLINTON

FOOD
Ice cream is the perfect Clinton-themed snack, Pataki said, "because she stays cool."

DRINK
If you're with her, you should sip **red wine**, said reader Ruby P. It's "classy and of a certain age. The word that comes to mind is 'mature,'" she said.

YOU SUPPORT DONALD TRUMP

FOOD
Pataki suggested Trump supporters nosh on **Cheetos**. "That orange powder stains your skin," she said.

DRINK
Trumpsters should wash down their salty snacks with **milk**, said reader Vidya K. American dairy farmers say all the deportations the Donald wants to do could affect their business, which relies on immigrant workers. And Trump once called a lawyer who had to take a break for breastfeeding "disgusting."

THE ASSOCIATED PRESS

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Winnipeg metro

COLD FACTS OF TOMATO STORAGE Any Italian grandmother will warn that putting tomatoes in the fridge will compromise their flavour. Well now, science can back that up. According to a new study, cooling tomatoes below 12 degrees Celsius stops them from making some of the substances that contribute to their taste. With the new detailed knowledge of how that happens, "maybe we can breed tomatoes to change that," said researcher Denise Tieman of the University of Florida in Gainesville.

THE ASSOCIATED PRESS

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Sandwiches

Think an occasional indulgence in a stacked sandwich is OK? The colossal amount of calories and fat say otherwise.

PICK THIS

Quarter Chicken Dinner from Swiss Chalet

White meat with skin served with a side garden salad, light Italian dressing, multigrain roll and chalet sauce.
Calories 490
Fat 15.5g

SKIP THIS

The Rotisserie Beef Messy Stacked from Swiss Chalet

Rotisserie beef, grilled baguette, cheddar cheese, tomato, coleslaw, fries and seasoned mayo served with fries, coleslaw, a pickle and chalet sauce.
Calories 1738
Fat 85.5g

HERE'S WHY

Equivalent to 4 servings of Honey Garlic Chicken from Manchu Wok in fat.
The Rotisserie Beef Messy Stacked sandwich tops a beef sandwich with coleslaw, mayo, cheese and fries, while serving it up with an additional large side of fries and creamy coleslaw. The result is a total overdose of calories and fat, about your entire day's worth! In fact, the entire Quarter Chicken Dinner is lighter than the beef sandwich itself, and that's before counting any of the additional sides and condiments! Stick to the Quarter Chicken Dinner to avoid a food hangover — your heart and hips will thank you!

LIQUID ASSETS

California wines want you to know they're old

As it closes in on the 250th anniversary of the opening of its first winery it must irk California to be lumped in with the gaggle of New World countries who wear the lack of consumer awareness regarding their winemaking histories like a badge of cool.

Proving my point is the number of Golden State wineries who have started bragging about their origins. Fetzer Vineyards is a winery that I'm betting was bottling their first vintage in 1968 to the tune of The Beatles White Album, which was released in the fall of the same year. A lot has happened to Fetzer in nearly five decades. Bought by Chile's Concha y Toro in 2011, its wines, while keeping their personalities firmly Californian, have developed a relaxed drinkability thanks to the influence of the Chileans. Fetzer's 2014 Valley Oaks Cabernet Sauvignon ($11.95-$15.99) has a mix of black fruit and balanced tannins.

PETER ROCKWELL/METRO

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APPLE & CHEDDAR

An easy hors d'oeurve that guests will think you sweat over

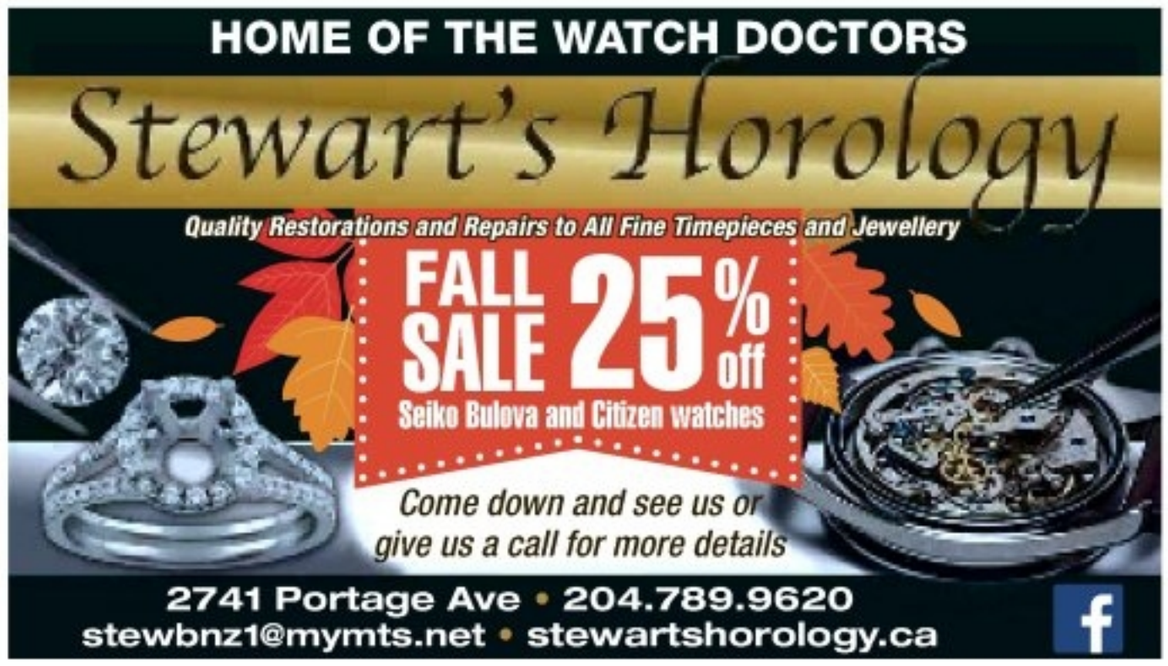
Ricardo Larrivée
Torstar News Service

This recipe is fast, easy and perfect for your next soirée.

Apple and Cheddar Tart
Prep: 15 minutes
Cooking: 20 minutes
Ingredients:
- 1/2 lb(225g) store-bought puff pastry, thawed
- 3 tbsp (45 mL) crème fraîche or sour cream
- 1/2 Cortland apple, unpeeled, cored and thinly sliced
- 1 tbsp chopped fresh chives
- 3 1/2 oz (100 g) cheddar cheese, thinly sliced

Directions:
1. With the rack in the lowest position, preheat the oven to 400°F (200 °C). Line a baking sheet with parchment paper.
2. On a lightly floured surface, roll out the puff pastry into a 10-inch (25 cm) square.

With a fork, prick the entire surface of the dough. Place the dough on the baking sheet.
3. Spread the cream on the entire surface of the dough. Cover with the apple slices. Sprinkle with the chives and top with the cheese slices.
4. Bake for about 20 minutes or until the cheese is golden brown. Let cool. Cut and serve as hors-d'oeuvres or an appetizer.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EVENTS AND ENTERTAINMENT

Spend October with bats, cats, trekkies and zombies

Every year Winnipeg packs a spooky punch of activities to celebrate Halloween, and this year is no exception.

First up, why not dress up as all 50 years of Star Trek? For inspiration head to the 2016 Central Canada Comic Con. William Shatner, (aka Captain Kirk of the TV series which first aired in 1966), will be in attendance. C4 runs Oct. 28, 29 and 30 at the RBC Convention Centre.

Or if zombies are your thing, and you enjoyed last year's award winning apocalyptic Fear of the Sliding Dead event at Fun Mountain, drag your dead legs to Adrenalin Adventures for their live action Fear The Waking Dead.

Your chance to escape the clutches of the brain eaters comes every Friday, Saturday and Sunday in October, until Gate Night on the 30th. The event is for revelers 16-plus.

If you prefer your horror somewhat more sophisticated, the Royal Winnipeg Ballet is presenting Dracula at the Centennial Concert Hall. Gustav Mahler provides the score to Bram Stoker's devilish novel. Nightly performances take flight Wednesday Oct. 26 to Sunday, Oct. 30.

Scared of bats? How about big cats? The Assiniboine Park Zoo is hosting monthly keeper talks. October's walk and talk is on the Snow Leopard.

The information sessions are every Saturday and Sunday at 11 a.m. and 2 p.m. so pick your spot.

ISTOCK

For the creative Christmas shoppers

With more than 70 unique vendors and crafters coming to the Magic of Christmas Holiday Sale & Charity Fundraiser, the show has everything a creative Christmas shopper needs to start and finish their list.

"We've made sure there's a real variety in our vendors this year bringing some really unique handmade gift ideas," says Bernadette Feakes, who is co-organizing the event with Christy Marcus.

The list of unique items available this year includes wooden bow ties, driftwood art, solar yard décor, and even a giant Jenga game, just to name a few.

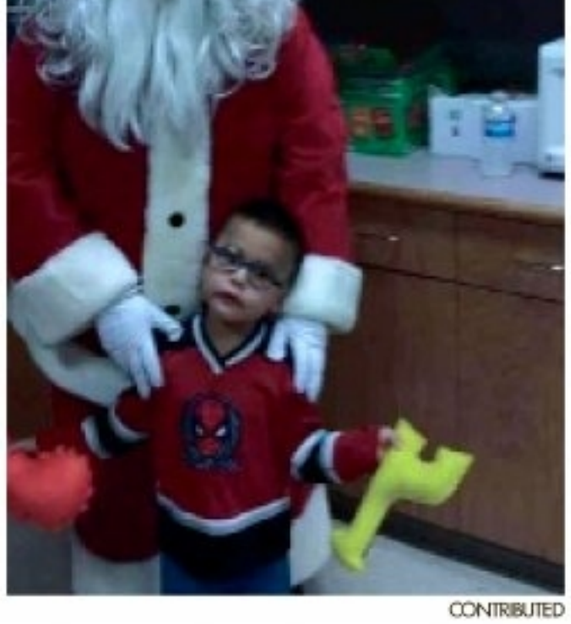
Now in its third year, the Magic of Christmas Holiday Sale & Charity Fundraiser has grown so popular this year's show is doubling in size, with vendor tables filling all four rooms and the hallway of the East End Arena at 517 Pandora Avenue East.

Admission is $2 (free for those 12 and under) and all money brought in at the door and through a silent auction — the grand prize is two tickets to a Winnipeg Jets game — will go to the Christmas Cheer Board.

"The Cheer Board helps so many families every year, we want to give back," says Feakes.

The show runs Nov. 6 from 10 a.m. to 4 p.m. with doors opening at 9 a.m.

The first 100 people will receive a free gift, and Feakes says there'll be special appearances throughout the day by Santa and Mrs. Clause.



CONTRIBUTED

Organizers are looking for volunteers, and anyone interested in helping out should email womenswellnesscirclesmb@gmail.com.

For more information on the Magic of Christmas Holiday Sale & Charity Fundraiser go to xmasmagic.ca.

Winnipeg Comic Con keeps getting bigger and better

Organizers of this year's convention needed even more room at the RBC Convention Centre to squeeze everything they've got planned for the city's annual celebration of comic books, science fiction, gaming, anime, fantasy, horror, and pop culture, running Oct. 28-30.

"With that new expansion the convention centre just finished we have a lot more room, but we're still the cheapest convention to attend in Canada," says C4 vice president, Dominick LeBlanc, who attributes the steady growth over the years to mainstream society's growing acceptance of nerd culture. "It's now actually cool to be a geek — people don't feel weird playing video games or knowing who the super heroes are — it's definitely gotten more and more popular and this is now where the cool kids go."

And when the cool kids head to C4 this year, they won't be disappointed.

The dozens of celebrity guests lined up for the convention include none other than Captain James T. Kirk himself, William Shatner, cosplay sensation Yaya Han, and Wayne's World dream weaver, Tia Carrere.

LeBlanc says Shatner couldn't be coming at a better time, because this year marks the 50th anniversary of Star Trek and the original commander of the starship U.S.S. Enterprise will take part in a special panel presentation Oct. 28 at 5:30 p.m. to talk about the milestone with fans.

"He's very busy — he does lots of other conventions — but we're very excited that he agreed to give us his time," says LeBlanc about landing Shatner for the convention. "Obviously he's an iconic part of Star Trek so it'll be an amazing opportunity for fans to hear him talk about the franchise on its anniversary."

With the extra space at the convention centre organizers have added a new cosplay alley to the convention this year, giving fans the chance to meet their favourite cosplay stars. As always fans are encouraged to come to C4 dressed as their favourite characters, and this year they can take part in a costume contest judged by Yaya Han. For more information on C4 and to buy tickets including a number of special ticket packages, go to c4winnipeg.com.

CONTRIBUTED

The Perpetrators, along with front-man and brand new father, Jason Nowicki, will take the stage at the Park Theatre Nov. 5. CONTRIBUTED

'I don't have a new album ...but I have a debut human'

When the Perpetrators take the stage at the Park Theatre next month it'll be their first show since front-man Jason Nowicki embarked on what he considers to be the most important side-project of his life.

The Nov. 5 performance will come just over a month after Nowicki and his wife Pascale welcomed their first-born, Walter Georges Nowicki, into the world.

"I don't have a new album or anything but I have a debut human," laughed the new dad in a phone interview just days after his son was born. "I've been gearing up to make a record over the last year-and-a-half or so, but it definitely got interrupted.

"It's interesting though, since he's been born I've been getting this burst of inspiration... it's very, very cool, and very evident that now is the time to do things — even if it's doing the dishes or sweeping the floor — but especially with the guitar and song-writing."

While he might not have an album of new material, Nowicki says an instrumental he's been playing for Walter since before he was born will definitely be on his next album, and may even find its way on to the Perps' set list at the Park Theatre show.

"Whether it'll remain an instrumental, I don't know," he says. "But I played it for him a couple times a week when he was in utero, and I play it for him every couple days now that he's outside."

The upcoming show at the Park Theatre has become a semi-annual tradition for the Perpetrators (they play the South Osborne venue in the spring and the fall), one they started a few years back after extensive touring left them playing less frequently in front of their fans in Winnipeg.

And while Nowicki says the Perps were "born at the Times Chang(ed) High & Lonesome Club", he says the Park Theatre series gives them room for a different type of performance in front of a larger crowd.

"It's just such a great venue," he says. "It gives us a chance to do what we do over in Europe — more of a concert — as opposed to our regular local shows."

Tickets for the Nov. 5 show are available at myparktheatre.com.

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1976 customized AMG Pacer from Wayne's World sold at auction for $37,400 U.S.

Q5 delivers with tech, performance

REVIEW

Audi's latest SUV offering sure to please

Jonathan Yarkony
AutoGuide.com

As little as 12 years ago, Audi didn't have an SUV, but in 2009 the Q5 took the small premium crossover segment by storm.

What was it about the Q5 that so resonated with luxury shoppers and took the brand to new heights, becoming a global bestseller in the process? Aside from Audi's impeccable interiors and solid, reassuring driving feel, the Q5 had just enough cargo and passenger space for family living, and a range of powertrains that offered consumers their choice of efficiency or a bit of excitement along with their utility.

The new Q5 is based on Audi's modular MLB platform, and although that is the same architecture underpinning the new A4, Audi engineers claimed the Q5 will have more in common with the next-generation. The Q5 grows in every direction, but as with any new Audi, the platform is a mix of high-tensile steel and aluminum aimed at saving weight and increasing rigidity.

Moving up to the driver's seat brings Audi's strengths back to the forefront, where one can focus on the materials, craftsmanship and seamless integration of technology.

With the level of technology coming into play, it's increasingly important to solve the myriad ergonomic and interaction issues, and Audi's Multi-Media Interface and Virtual Cockpit offer several ways for one to operate navigation, audio and car systems. My favourite is the steering-wheel thumb wheel and buttons on the left spoke, which let you access the most common functions without lifting a hand off the wheel. The latest addition to Audi's MMI is the touchpad, which recognizes your scribbles and translates them into letters when you input information for route guidance or a contact and is said to offer tablet-like pinch and zoom control, though not in the models we sampled.

Although the Q5 will be loaded to the roof rack with driver-assistance systems, the focus of the event was its essential driving quality in a variety of settings. Exploring the southern tip of Mexico's Baja Peninsula, we set off from our resort on some intermediate highways, skirted the edges of a small mountain range, climbing the twisting and sweeping curves, picking our way through the narrow cobbled streets of a small rural town, cutting across the landscape on a dirt road, driving onto a sandy beach for photo ops and then cruising back on a highway that saw us reaching and holding autobahn speeds. It's hard to say whether the chassis or the engine was the star, because both were so impressive in every way, and perhaps it was their seamless cooperation that sets a new benchmark.

In the end, the Q5 nails every point that a small luxury SUV needs to and is sure to make many shoppers happy.

THE CHECKLIST | 2018 AUDI Q5 REVIEW

THE BASICS
Engine: 2.0L turbo four-cylinder
Transmission: Seven-speed S tronic dual-clutch auto
Power: 252 hp, 273 lb-ft of torque
Curb Weight: 1,950 kg
Cargo Space (trunk/max): 550-610/1,550 L
Starting Price (est.): $45,000

LOVE IT
- Sophisticated, quality interior
- Comfortable yet competent
- Virtual Cockpit

LEAVE IT
- Middle rear seat
- Plain styling
- Lack of engine options

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metro SPORTS

"Please don't tweet at me about Bauer": Curt Schilling doesn't like comparisons between his bloody sock and Trevor Bauer's bloody finger

IN BRIEF

Bombers' Loffler named one of week's top players

Winnipeg defensive back Taylor Loffler, Ottawa quarterback Henry Burris and Saskatchewan running back Joe McKnight are the CFL's top performers for Week 17.

Loffler had three takeaways in the Blue Bombers' 35-32 victory over the Lions at BC Place on Friday night. The rookie from Kelowna, B.C., had two interceptions and a forced fumble and a fumble recovery in his first game in his home province. THE CANADIAN PRESS

Leicester on a roll in Champions League play

Riyad Mahrez made it three wins out of three for Leicester in its Champions League debut, clinching a 1-0 victory for the Group G leaders over FC Copenhagen on Tuesday.

Leicester is in a strong position to reach the knockout phase, holding a five-point lead over Copenhagen and FC Porto halfway through the group stage. THE ASSOCIATED PRESS

Hall opens up Devils account with pair of goals

Taylor Hall made his new fans in New Jersey very happy with two power-play goals in a 4:11 span in the second period and the Devils posted their first win, a 2-1 decision over the road-weary and penalty-plagued Anaheim Ducks on Tuesday night. THE ASSOCIATED PRESS

Jays' bats swing into gear

Josh Donaldson of the Blue Jays opens the scoring with a solo home run during Game 4 of the American League Championship Series in Toronto on Tuesday. CHARLIE RIEDEL/THE ASSOCIATED PRESS

MLB PLAYOFFS

Strong Sanchez outing backed by offence to avoid sweep

Aaron Sanchez pitched six strong innings and the Toronto bats finally woke up as the Blue Jays staved off playoff elimination Tuesday with a 5-1 win over the Cleveland Indians in Game 4 of the American League Championship Series.

Four Toronto pitchers limited the Indians to two hits.

The Jays still face three more do-or-die games, two in Cleveland, if they are to survive the best-of-seven series, and history is against them. Since the introduction of the best-of-seven format in 1985, only one of 31 teams have rallied from an 0-3 deficit to win the ALCS (Boston, 2004).

GAME 4 In Toronto

5	1

"They were nice, loose, and relaxed, well aware of the circumstances," said Blue Jays manager John Gibbons of his team. "They showed up today like they always do and played a good ballgame."

On the plus side for Toronto, the injury-riddled Cleveland starting rotation is not deep. Game 5 goes Wednesday with Marco Estrada against Indians rookie Ryan Merritt.

After scoring just three runs in the first three games, the Toronto offence got out of first gear in a game that was a mirror image of the previous three. This time Toronto outpitched Cleveland and got the timely hits.

Josh Donaldson homered for Toronto and Edwin Encarnacion drove in a pair of runs before a sellout of 49,142 under the roof at the Rogers Centre that finally had something to cheer about.

Toronto, which totalled 17 hits in the first three games, outhit Cleveland 9-2.

The loss snapped the Indians' nine-game win streak dating back to the regular season and Cleveland's franchise-record run of six straight post-season victories.

The Jays, leading for the first time in the series, picked up solo runs in the third and fourth, two more in the seventh and one in the eighth to keep the scoreboard ticking.

Sanchez (1-0), inducing a string of Cleveland groundouts, gave up one run on two hits with two walks and five strikeouts in a 95-pitch performance that featured 54 strikes.

Corey Kluber (2-1), the 2014 AL Cy Young Award winner, was pitching on three days rest for the first time in 135 career starts. He lasted five innings, giving up two runs on four hits with two walks and seven strikeouts in an 89-pitch outing that included 59 strikes. THE CANADIAN PRESS

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RECIPE Pumpkin Curried Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This warmly spiced soup is supremely creamy and packed with vitamin-rich pumpkin making it the ideal fall comfort dish.

Ready in 40 minutes
Prep time: 30 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 1 or 2 glugs of olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 tsp ginger, minced
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp curry powder
- 1 tsp salt
- 1 x 14 oz. pumpkin purée (not pumpkin pie filling!)
- 2 cups low-sodium vegetable or chicken stock
- 1 cup water
- 1 x 14 oz. coconut milk (Try lite for all the flavour and less fat)

Directions

1. Warm olive oil in a large pot over medium heat. Add your minced onions and garlic until they begin to soften and your kitchen starts smelling great. Now add all of the spices. Stir them into the onion mix and let them cook for a few minutes. Keep stirring so they don't start to stick to the bottom of your pot.

2. Empty your pumpkin purée into the pot and give it a mix with the onions and spices. Now add the stock, water and coconut milk. Let simmer for about 20 minutes, stirring occasionally. Don't let it get too hot or the coconut milk may split.

3. Turn off the heat and allow the soup to cool a bit before either putting into the blender in batches to purée or just giving a whiz with a submersion blender. Warm again and serve.

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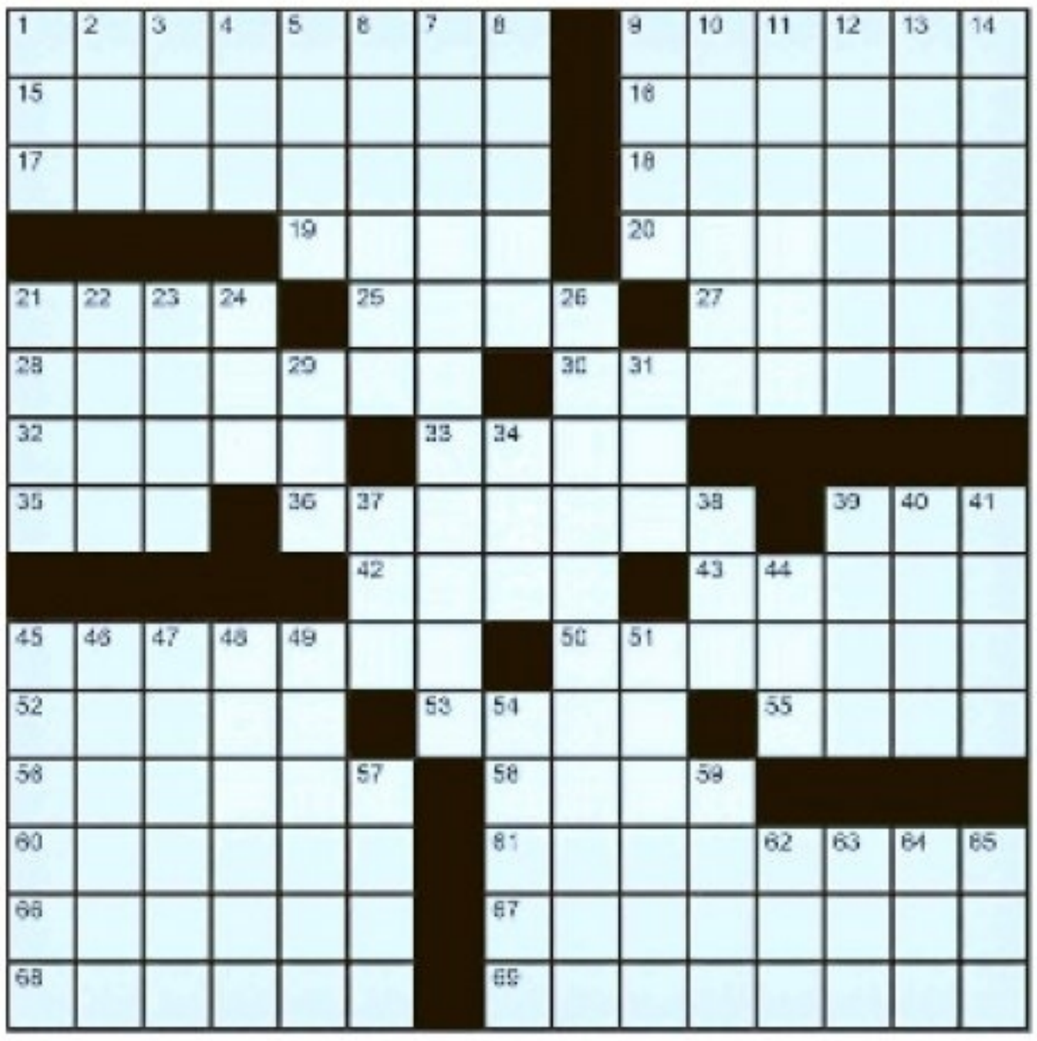
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Province like Prince Edward Island
9. Shade of red in Paris
15. Most which can be attained: 2 wds.
16. British pop singer Ms. Moyet
17. 1918 Puccini opera, Suor __
18. Relay the news
19. Cinch
20. Slender
21. Livelinesses
25. "Take __ 'J' Train" by Duke Ellington and His Famous Orchestra
27. Bitter-__ (Diehard)
28. Is employed: 3 wds.
30. Those de-sudsing
32. Tea or soya milk or Pepsi
33. __ mater
35. Journey's famous lead singer ...his initials-sharers
36. Canadian musician Ms. McKennitt
39. Wager
42. Geraint's wife in Arthurian legend
43. "Key __" (1948)
45. Drafting tool
50. Lot of leaves
52. Circular
53. Priory of __, in "The Da Vinci Code" (2006)
55. Dick Tracy's beloved
56. Captivate, States-style
58. Holy __ ("Dragons' Den" deal-getting cereal)
60. Turkey's capital
61. "I'm so glad I live in a world where there are __." - Anne of Green Gables
66. Transferred, as land
67. Food Labels: Best Before... = __ Avant...
68. Strife
69. Embraces, as a cause

DOWN
1. Kingston Trio lettered song
2. "Dream" by Priscilla __
3. Mr. Philbin, to pals
4. Island: French
5. Some poetic contractions
6. "_ _ _ _" (Visiting-Canada's-largest-city tourist's response to "Where are you?")
7. 'New York Stories' is this Canadian jazz singer/songwriter's latest album: 2 wds.
8. A day's march for troops
9. "Drive" '80s rock band
10. Onze, in Oshawa
11. Matures in the Produce Department
12. Opera, Tristan und __
13. One readying to alphabetize
14. Inputs information
21. High degrees, for short
22. Wild West's Wyatt
23. Greek alphabet letters
24. Diego's partner
26. Defence... CAF = Canadian __ __
29. Alphabetic trio
31. Mr. Somerhalder
34. Floral souvenir
37. Poet's 'over'
38. Fully
39. Type of hillside
40. __ on (Incites)
41. Pumps points
44. River islet
45. Bottom-of-shoes designs
46. 14-line poem
47. __ Oats Company
48. Like an as-yet-to-be-created creation
49. Treasures
51. How breaking stories might develop: 3 wds.
54. "__ in peace."
57. Gnarlies!
59. __ shirt (Preppy top)
62. __-ray player
63. Initials-sharers of Charlie Sheen's famous brother
64. Regret
65. Non-Jr.s

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Think before you speak today, especially to partners and close friends, because you might blurt out something you later regret. Be aware of this. Count to three before you open your mouth.

Taurus April 21 - May 21
Your work routine will be interrupted today. It might be because you feel feisty and independent about something and refuse to do it. Or perhaps high-tech equipment breaks down.

Gemini May 22 - June 21
This is an accident-prone day for your kids, so be vigilant. You also can expect social plans to suddenly change. Everything is up for grabs today!

Cancer June 22 - July 23
Be diplomatic with family members to avoid an argument. However, this is an accident-prone day at home. Small appliances might break down, or minor breakages could occur.

Leo July 24 - Aug. 23
This is a mildly accident-prone day for you. It's also the classic day for you to shoot from the hip and say something that you later wish you did not. Therefore, think before you speak!

Virgo Aug. 24 - Sept. 23
Today you might find money, or you might lose money. Ditto for your possessions. Something about your finances is unpredictable.

Libra Sept. 24 - Oct. 23
Guard against knee-jerk reactions today. Be like the wise carpenter: Measure twice, cut once.

Scorpio Oct. 24 - Nov. 22
You are restless, edgy and nervous today. This might be subconscious or you might be aware of it. Avoid doing anything that is upsetting or nerve-racking.

Sagittarius Nov. 23 - Dec. 21
A younger friend might surprise you today by doing something reckless or by suggesting something unusual. Be careful, because today is a crapshoot!

Capricorn Dec. 22 - Jan. 20
This is not a good day to ask for permission or approval from bosses. In fact, they might say something that upsets you. Don't quit your day job.

Aquarius Jan. 21 - Feb. 19
Travel plans will be changed, cancelled or rescheduled today. Likewise, classes and schedules pertaining to higher education will be unreliable.

Pisces
Feb. 20 - March 20
Stay on top of your banking and money needs, because something unexpected might affect your finances. Checks could bounce. An important bill might be due. Is the posse after you?

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	3							4
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	1		3					

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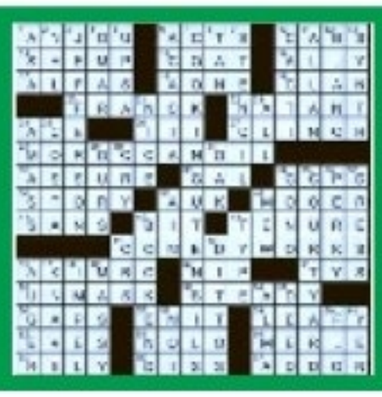

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